

# Hold the Holidays

The average American gains 5-7 pounds  
between Thanksgiving and New Year's...

Don't be average!

## What is Hold the Holidays?

“Hold the Holidays” is an eight-week *team* holiday weight management challenge. All participants will receive an information packet with tips to assist you in managing your holiday weight and support your team members.

## How to Participate:

Form your team of 3-4 employees and give yourselves a fun and creative team name. Come weigh-in and weigh-out as a group to get your total team weight on a 4'x4' scale. Your goal from weigh-in to weight-out is to stay within 6-8 pounds of your team weight. Though the real prize is starting 2007 at the same weight you ended with in 2006, in addition, all participants of successful teams will be entered to win Hold the Holidays Challenge Prizes.

## When?

### ***Thanksgiving Weigh In Time and Location:***

Friday November 17<sup>th</sup>, 2006

8:00am-1:30pm

State Employee Wellness Center Group Fitness Room



### ***Post-Holiday Weigh Out Time and Location:***

Friday January 12<sup>th</sup>, 2007

8:00am-1:30pm

State Employee Wellness Center Group Fitness Room



\*Please contact the State Employee Wellness Center at [statewellness@healthbreakinc.com](mailto:statewellness@healthbreakinc.com) or 303-866-2213 with questions or if your team cannot make one of the weigh in or out times.

Don't be average...

Join the “Hold the Holidays” team challenge!



# Hold the Holidays Registration Form

Please include your payment for \$10 per participant. Make checks payable to HEALTHBREAK. Registration deadline is Friday, November 10. Thank you!

Team Name: \_\_\_\_\_

Team Captain: \_\_\_\_\_ Phone: \_\_\_\_\_

Team Member #2: \_\_\_\_\_ Phone: \_\_\_\_\_

Team Member #3: \_\_\_\_\_ Phone: \_\_\_\_\_

Team Member #4: \_\_\_\_\_ Phone: \_\_\_\_\_

Payment amount enclosed: \_\_\_\_\_

Please US Mail this form by November 10 to:

State of Colorado IDS  
Wellness Center  
1001 E. 62<sup>nd</sup> Ave.  
Denver, CO 80216

If you have questions, call 303-866-2213

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